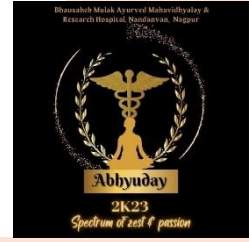




**BHAUSAHEB MULAK AYURVED
MAHAVIDYALAYA NANDANVAN
NAGPUR**



DIGITAL MAGAZINE

ABHYUDAY 2023



----BY BATCH 2K19----



FROM HON'BLE SECRETARY OF THE INSTITUTION



It gives me immense pleasure to learn that the Students Digital Magazine "ABHUDAY-2023" is being brought out. The Students' magazine is the perfect avenue to surface the concealed literary talents and creativity of the students. It is a document of collective wisdom of the students.

I am sure that "ABHUDAY-2023" would be an apt milestone on the path towards our mission of knowledge, service and health from Ayurveda. I extend my words of appreciation to the editorial board and the students who have worked hard for this creative venture.

This is the time when we have to stretch our abilities and step out of the route. If we go through the same motions, we will end up with the same results. We have to put more time, energy thought and creativity into our efforts and Resolve to reach higher. My best wishes are with each one of you to keep learning, keep growing and keep venturing beyond what you already know and make a difference to this world. As staff and students of Bhausahab Mulak Ayurvedic Mahavidyalaya, Nandanvan, Nagpur.

My Best Wishes are always with you all.

~ SHREE RAJENDRAJI MULAK



**MESSAGE FROM THE HON'BLE TREASURER OF THE
INSTITUTION**



I am immensely pleased to give this message to ABHUDAY-2023 organised by BATCH 2019 of BAMS of Bhausahab Mulak Ayurvedic Mahavidyalaya Nandanvan Nagpur.

This College's Digital Magazine is the true image of the creative minds of the young medical graduates which in-turn will be flourishing future of our Nation.

It is also an avenue for the expression of their feelings thinking and creativity which is also equally vital as these are the thoughts based on high literary value acting as on day to day routine. Reflecting their academics that are actually an achievements of our institution.

With this all the very best all the future doctors for your flourishing future.

~YASHRAJJI MULAK

PRINCIPAL



FROM PRINCIPAL'S DESK



It is a matter of great joy and happiness that our college is handing over the Digital Magazine ABHYUDAY (Spectrum of Zest and Passion) by BATCH 2019, which is full of innovative ideas and creativity. It is proud moment for all of us. I wish to emphatically submit that this magazine is recognizing the primary aim of education to evoke the hidden talent and ethics of hard-work with aesthetic outlook. As we all know medical education contributes towards the holistic unfolding of all dimensions of god's image in man.

College magazine is an open door to the totally Bizarre and inexplicable creativity of students. Keep it up with this wonderful spirit and strive hard to achieve your dreams. It gives me immense pleasure to express my hearty greeting to the family of Bhausahab Mulak Ayurvedic Mahavidyalaya and Hospital Nagpur.

I congratulate the editorial team for their excellent team work in bringing out this Digital-Magazine which is another milestone on our journey towards medical excellence. Dear parents, former students and all our well-wishers, your wholehearted, valuable guidelines, suggestions and comments have always been our source of motivation to pursue the global standard of excellence in all our endeavour and create all rounded personality in our Medical students.

Best wishes to one and all

~DR.YUWARAJ KALE

EDITORIAL



Young minds flow from desire, emotions and knowledge. Their ideas however strange might have seemed at start, they have ultimately wrought miracles and brought revolutions. ABHYUDAY(Spectrum of Zest and Passion) By BATCH 2019 is relived in the form of digital magazine bolster the innate creation of aspirants, who are able to articulate and reflect the artistic richness of society and put their heart and soul to prove that they have the patience and perseverance to persist against all odds and obstacles.

The support and guidance which we received from students, teachers and our principal respected Dr. Yuwaraj Kale Sir who have taken a personal interest in the entire process and the cultural head of college Dr. Sharad Tripathi Sir who is, a backbone of all the cultural events happening in our college.

The editorial board also expresses heartfelt thanks to teaching and non-teaching staff and students for their significant and valuable contribution. We acknowledged the services and the contribution of each and every-one without whom this issue would not have seen the light of the day. And last but not the least my dear students, there is no substitute for work, since work alone can solve problems and produce results. Start now; Never mind yesterday, never mind tomorrow, do today's work today Awake-Arise and Act.

~DR.MAMTA TALMALE

EDITORIAL BOARD; BMAM NANDANVAN NAGPUR.

UT. STUDENT'S COUNCIL 2022-23



NAME: SHRADHA.S.RAIPURE

UNIVERSITY-REPRESENTATIVE

{STUDENT'S SECRETARY}

Serving as the Students Secretary of the college has been one of the most rewarding and educational experiences of my life; Role of students secretary came with a significant amount of responsibility as I was entrusted with the task of being the voice of my peers, ensuring their concerns and ideas were heard and addressed by the administration. This responsibility taught me the importance of leadership and accountability. This entire journey developed my communication skills weather it was speaking in-front of the entire college, writing mails to the administration or discussing issues with fellow students. I learned to appreciate different perspectives, and working towards common objective.

Over all being university representative was a privilege and honour. The experience which challenged me from every dimension. I am grateful to respected Principal Sir for keeping faith in me also supporting me in every phase of my expedition. None the less this tour was incomplete without my council team who supported me blindly. As everything is waste without a firm team and I was very lucky to have some of the brilliant minds working with me. Who selflessly dedicated themselves for welfare of students and we altogether ensure to keep self-denyingly serving for the mankind.



NAME: KONIDH KOTHARE

(SPORTS REPRESENTATIVE)

Being a member of the Students council gave me an invaluable opportunity to work and learn about leadership and also to give my best in the welfare of the students. As a Sports representative, I had the opportunity to conduct various sports events during my tenure along with the guidance of my teachers. Sports are an important part of our life and teach us a lot from hard-work and never give up attitude to keeping us fit and healthy. So it was an amazing experience which I'll cherish for a lifetime



NAME: ARATI BANSOD

(RESEARCH REPRESENTATIVE)

Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning. -Albert Einstein; they say "TO BE SUCCESSFUL YOU MUST OPEN DOORS"

"Curiosity is what makes a good Researcher"

RESEARCH itself is extravagant and immensely powerful door that leads us towards the new knowledge. Being research representative was a whole new aspect of how my vision towards everything changed.



NAME: OMKAR TITARMARE

(NSS REPRESENTATIVE)-BOY'S

As an NSS Representative, I have had the opportunity to engage in a wide array of community service activities. From organizing cleanliness drives to planting trees, conducting health camps, and promoting education among underprivileged children, each activity has instilled a deeper sense of purpose and commitment towards societal well-being.



NAME: MAYURI RAHANGDALE

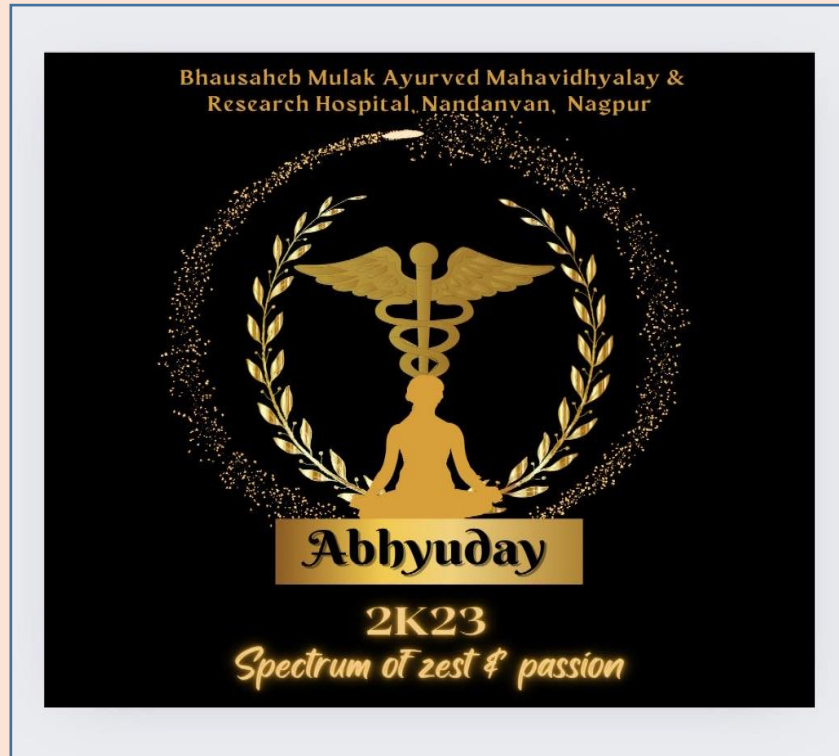
(NSS REPRESENTATIVE)-GIRL'S

National service scheme Moto: NOT ME BUT YOU; As the aim suggest the scheme provided by government of India is really helpful for the NSS members to learn about various activities like medical camps Surveys n spreading social awareness. We get many things to learn here and knowing your potential to serve the society brings another level of confidence. Being the part of NSS team everyone gets opportunity to learn n serve the society n become self-enough and had an amazing experience throughout the year.

GATHERING 2023

ABHYUDAY

SPECTRUM OF ZEST AND PASSION



THE CORE-COMMITTEE





SUJIT.N.ADE

{PRESIDENT}

On 2nd, 3rd and 4th March 2023, ABHYUDAY. An unprecedented ceremony, was held in our college. In this event Sport's activities were conducted.

At the same time we warmly welcome to the fresher students of 2021 batch and bid a fond farewell to the senior 2017 batch. Also, other activities like dance-drama- science & many competitions were organized and presented a platform to all our students to show their self-skills and further awarded the winners of various events.

Our Honourable chief guests Shri.RajendraJi Mulak sir and Dr.Rajiv Mohta Sir, our Principal Dr.Yuwaraj Kale Sir, Dr.Gupta Sir guided us all by Attending this Grand Function and giving us the vision towards our College journey and life the person who did much hard work & standing firmly behind us and giving guidance to us during this event was our 'Cultural Head' a warm personality honourable Dr.Sharad Tripathi Sir, also I am thank-full to my batch-mates & all the students of the College who worked tirelessly to bring innovation to this event. Thank you very much.

At the end, the trophy was given to me as BEST-PRESIDENT from college but this honour was not only mine but it was honour for all my teammates.



OMKAR.C.TITARMARE

{VICE-PRESIDENT}

As the Vice President, it has been an honour to help organize and participate in such a memorable event that brought together our vibrant college community.

All appreciation goes to every student of our class; each one of them deserves a Trophy; as creating history wouldn't have been possible without their selfless services. With this I'm whole heartedly thankful to Dr.Sharad Tripathi Sir for trusting my capabilities for this event.

In wide array of sports, cultural competitions many were the winners and many were not able to make it but It doesn't mean as you were not capable enough it's just that, the very moment was not yours.

My advice to all the juniors will be; winning or losing is part and parcel of the life but what makes you prevail is your sportsmanship; Trophies may come and go but the way you accepted the defeat will act as your stepping stone to success.

As well as I am excited about the potential for more such gatherings that bring us closer together and enrich our college experience.

Let us continue to build on the connections we've made, support one another, and strive for excellence in all our ventures.



GHUFRAN ANJUM

{SECRETARY}

A secretary is not just a title, it's a badge of honour for those who keep the wheels of productivity turning!

With this motive in mind. We conducted our fantastic ABHUDAY event. For the event we took permission from our college president respected Shri.Rajendra ji Mulak sir and respected Principal Dr.Yuwaraj Kale sir.

We made schedule for complete 3 day event by managing the time for different cultural and sports events. The main motive was like that we had to conduct the event fluently and the event, people never think of.

We had documented all the stuffs related to the events. And also worked to maintain the healthy relationship between the heads and core members of farewell committee, fashion walk committee, sports team etc.

We kept all the records from day one to last day of each and every events. In the end I just wanted to say that behind every successful team, a secretary ensures everything falls into place.

We also maintained the records of sponsors and sponsorship given by them with the trust that we could give them the best results to their respected fields. To maintain the co-ordination between different committee and participants was one of the major task.



SHRADHA.S.RAIPURE

{JOINT-SECRETARY}

As I reflect on my tenure as Gathering Secretary, I am filled with pride and gratitude. It has been an incredible journey, filled with learning, growth, and unforgettable moments.

As the Secretary, I aimed to bridge the gap between students, faculty, and alumni by fostering a sense of community and inclusivity. My goal was to create a vibrant and engaging campus culture that celebrates diversity, creativity, and intellectual curiosity. Through regular events, workshops, and gatherings,

I strived to provide a platform for students to connect, learn, and grow together. From cultural festivals to academic seminars, my mission was to make our college a hub of vibrant activity and memorable experiences.

Our event became a symbol of our college vibrant spirit, fostering connections and lifelong memories.

Thank you for giving me the golden opportunity Special thanks to Dr. Sharad Tripathi sir and Dr. Yuvraj Kale sir for your confidence in me. It's an honour to be involved and thank you for letting me be a part of it.

My advice for juniors would be; have faith in yourself with confidence break through every difficult situation with ease.



PRAJWAL PARBAT

{TREASURER}

"Being the treasurer of Abhyudaya-2k23 has been an incredible experience for me. I've learned so much about leadership, teamwork, and time management. As a treasurer, I've had the opportunity to guide and mentor juniors, which has been a truly rewarding experience.

My advice to juniors would be to always be open to learning, ask questions, and take on new challenges. Remember, leadership is not just about leading, but also about empowering others to succeed. Keep shining, and never hesitate to reach out for guidance or support! Managing money is a risky business but an interesting one. Go for it. To carry out such a splendid event is not possible without the guidance of elders.

I thank Respect Shri Rajendraji Mulak Sir, Our beloved Principal Dr Yuvraj Kale Sir, Dr Gupta sir and our beloved Cultural In charge Dr. Sharad Tripathi Sir who stood firmly with during entire event. A huge thanks to all the staff members who also helped us during various time required.

NOW, A Huge Shout-out to people who made the event the successful one. To the BEST BATCH OF BMAM -BATCH 2K19. Thanks to each individual of my batch who helped to set up a benchmark in organising college fest.

We as a batch proved that no single individual can do what a collective effort can do.

Thank you Batch 2k19



BHARATI JAISWAL
(GIRL'S REPRESENTATIVE)

The Abhudaya event is one of the best times of college life, which brings the best out of everybody.

Our 2019 Batch under the guidance of our beloved Dr Sharad Tripathi Sir, made it a grand success.

Being the Girl's Representative,

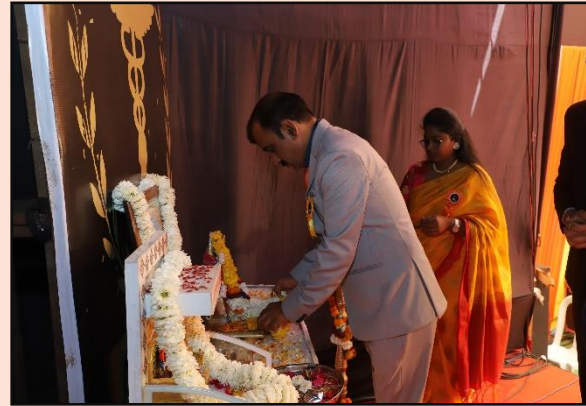
I worked as a link between girls and the core committee. I didn't restrict myself to just internal college work but carried out external tasks too.

So Dear Juniors, Especially Girls - Listen to everyone's opinion and always try to push the boundaries, don't limit yourself.

And remember to reach out to us if you have any difficulty, we'll be happier to help!"

GLORY OF OUR DEPARTMENT'S

WELCOME COMMITTEE



At the time of great event. I got chance to be a head of 'Welcome committee' -Aagyatm';

During this event with the help of my team members - Vaishnavi, Pinky, Vaidehi, Anita and Sarang, who were with me, the first thing before starting any Event we performed the Puja -Archana of god, by our honourable guests & faculty member. A Saraswati Mangal-Pathan and Dhanwantari stawan was also performed. We welcomed all the guests and the entire faculty with plants and flowers as a token of respect and affection.

~AVANTI JADHAV

Head of Welcome committee



SPORTS COMMITTEE



RUNBHOOMI-Sports Saga 2023

Sports do not build character, they reveal it. With this quote I and my team conducted the sports fiesta during ABHYUDAYA 2K23 which I'm confident to say was one of the best sports event our college has witnessed. Sports bring out the best in us and they sure did to all of the players who participated in various games. I as the head got the opportunity to show my leadership skills and I'm very thankful to my batch to give me this amazing opportunity. I as an individual learnt a lot and developed my character during this period. And I'll cherish this memories for all my life.

~MAYANK GURAV

Head- Sports Committee



FRESHERS COMMITTEE



NEO-FIESTIA 2023

My experience being the head of fresher's committee was really nice. It was challenging and rewarding at the same time. I learned how to effectively manage and motivate a team, delegate tasks, and ensure that everyone is working towards a common goal i.e. to make a grand fresher's-party. I also faced the responsibility of making tough decisions and handling conflicts within the team. There were times where we the members were not sharing the same opinion and but still we managed to make a decision. All members of Fresher's department enjoyed a lot. It was the department with most of the members and we all together made the script, the banners, posters, and yes overall it was really-really fantastic. And it was a great opportunity to be the head and of course, we all shared the best memories!

~MAHEK LIMBANI

Head of Fresher's committee



FAREWELL COMMITTEE



FAREWELL FIESTA 2K23 –

EVERY GOOD BYE BRINGS THE NEXT HELLO CLOSER

This was the motivation me and my team had during our time as the Farewell Committee. Our main motive was to give our beloved seniors of Batch 2017 a farewell they would remember for a lifetime. And thankfully we were successful in it. Our seniors had the best time of their lives and spoke their heart out during the farewell programme. All thanks to my team and my batch. And I learned a lot about the bond that we students share with our seniors and juniors, it was an amazing experience.

~KONIDH KOTHARE

Head -Farewell Committee.



FASHION-WALK COMMITTEE



Euphoria - glamour and fashion

A fashion show event organised by the fashion walk committee. It was an amazing experience filled with glamour and sparkle. I am very thankful to all students for showing very deep interest in fashion. At 2023 we had a best fashion show with glamour. For fashion walk we had a Royal theme where students dressed as King and Queen. Everyone was looking so amazing. Everyone fully enjoyed the event with dazzle.

~AASAWARI WAGHMARE AND SANKET ADMANE

Head-Fashion Walk committee



SCIENTIFIC COMMITTEE



SYNAPSE ~ Fun with learning

A one of a kind event organised by the Scientific-committee for the very 1st time with cultural programmes.

Where learning was actually fun with participants answering to the Quiz based on their Academic, Sports, entertainment, Current affairs & GK. The Audio visual round remained the main highlight. *The Medi Dumb Charades* made the students awake the 'acting ka kida' inside them to enact the diseases, Med films, Med books,characters, etc brilliantly. The wait for the Finale was totally worth it. Everyone thoroughly enjoyed the event amongst the buzzer retreat.

~SAKSHI DHOMNE

Head-Scientific Committee



SINGING COMMITTEE



सुरो का कारवा

Everyone sang their favourite tunes, right from old songs to latest hits.

All time-hit classics won everyone's heart & left one & all mesmerized during the whole event.

Students & Staff participated with great interest

RASHMI CHIRDE

~Head Singing committee



FOOD COMMITTEE



BON APPETITE

During the annual feast I and my team managed the culinary part of the event. As I believe Cooking is an art that brings people together, blending flavours and cultures into a harmonious experience. It was only and only because of my team that I was able to manage the whole food department very well as on the day second of the event we literally cooked the menu for our guests; under the guidance of Dr. Sharad Tripathi Sir.

This happened for the first time in the history of college event, which made this gathering more memorable for me and my team.

~KULDEEP KESHARWANI

Head-Food Committee



DRAMA COMMITTEE



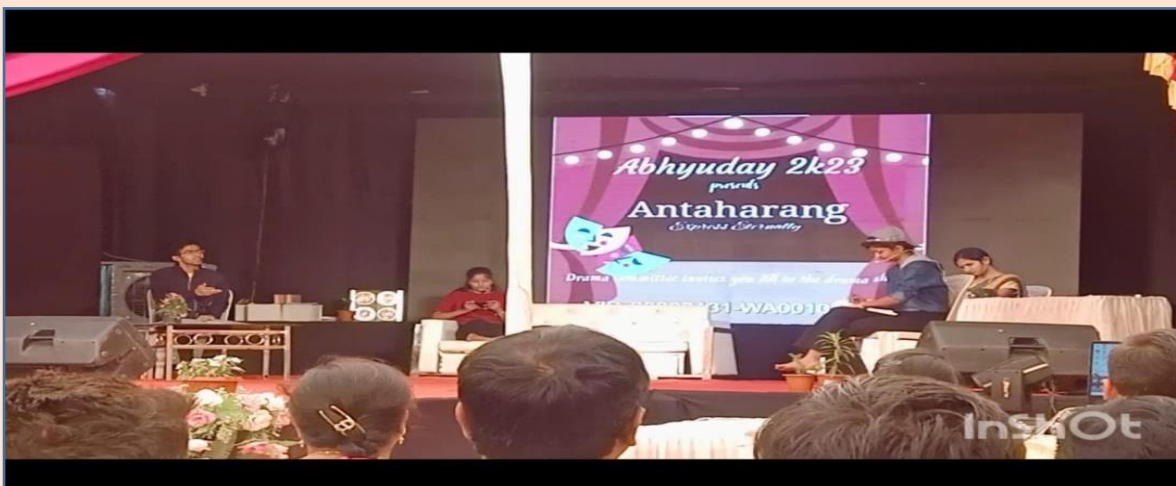
अंतःरंग express eternally

I had the honour of leading a talented team of dramebaaz's_ in bringing our theatrical scripts to life in our college's Drama event Anta:Rang...express eternally As the former head,

"I'll say Always remember that collaboration is key to a successful event. Remember to enjoy the process and celebrate the victories, big or small." Overall, my experience as a drama committee head was incredibly fulfilling, allowing me to combine my passion for the performing arts with my leadership and organizational skills.

SARANG.U.AMBADKAR

Head Cultural and Drama committee



DANCE COMMITTEE



NRUTYABHYA- Together in rhythm.

Every dance tells a story and it sure did during Nrutyabhya. All the participants danced their hearts out and expressed themselves to the fullest.

And I as a member of dance committee witnessed all of it. I am grateful to have had this opportunity to show my potential. This amazing time spent is worth remembering for my lifetime. I'm thankful to my batch our head Vaishnavi Masram and my dearest members of Dance committee for all the support.

~CHETNA PARKHI

Member dance committee



ADHIRAJ-2023



॥ ॐ गं गणपतये नमो नमः ॥
॥ श्री सिद्धिविनायक नमो नमः ॥
॥ अष्टविनायक नमो नमः ॥
॥ गणपति बाप्पा मोरया ॥

STAPANA OF LORD GANESHA



BHAJAN SANDHYA



BATCH ARATI [CLASS OF 2019]



DHOL-PATHAK IN COLLEGE GROUND



~ INVITATION ~

Bhausahab Mulak Ayurved Mahavidyalaya
and Research Hospital Nandanvan ,Nagpur
cordially invite you on the glorious occasion

on

अधिराज 2K23

महाप्रसाद



Date :-
27/09/2023



Time:-
1:00 p.m

Presented by :- Batch 2K19

Venue:-

BMAM, Nagpur

WELCOME OF CHIEF GUEST



ARATI BY GUEST OF HONOUR



WELCOME DANCE BY BATCH 2022



VISARJAN



SHIVAJI JAYANTI 2023

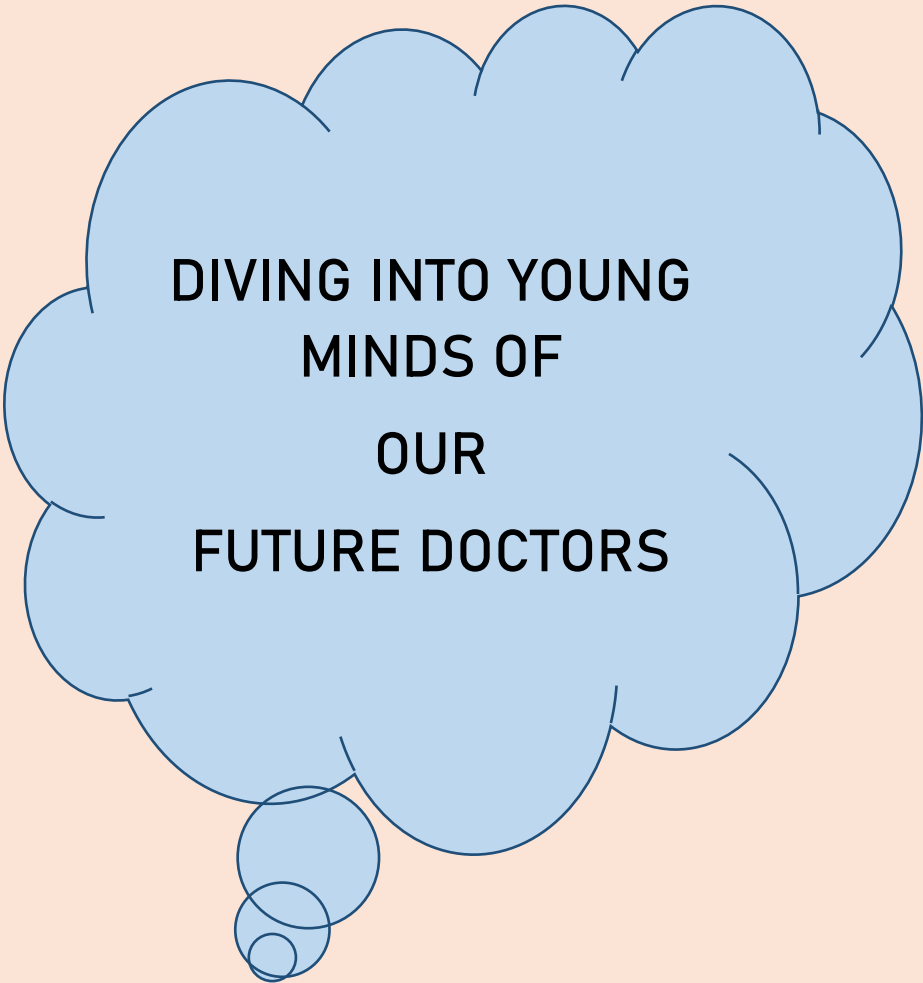
--JAI BHAWANI-JAI SHIVAJI--





CONVOCATION TO 2017 BATCH





DIVING INTO YOUNG
MINDS OF
OUR
FUTURE DOCTORS

ARTICLES AND WRITE-UPS
BY
STUDENTS OF BMAM
NAGPUR

TWO INSEPARABLE SISTER'S {YOGA AND AYURVEDA}

~BY SHRADHA RAIPURE

{BATCH 2019}

“Life (AYU) is the combination (SAMA-YOGA) of body, senses, mind and reincarnating soul. Ayurveda is the most sacred science of life, beneficial to humans both in this world and the world beyond.” Ayurveda, a natural system of medicine, originated in India more than 3,000 years ago. The term Ayurveda is derived from the Sanskrit words AYUR (life) and VEDA (science or knowledge). Thus, Ayurveda translates to knowledge of life. Based on the idea that disease is due to an imbalance or stress in a person's consciousness, Ayurveda encourages certain lifestyle interventions and natural therapies to regain a balance between the body, mind, spirit, and the environment. The aim or PRAYOJAN of Ayurveda is;

“Swasthasya swasthya rakshanam aturasya vikara prashamanam”

(Ch.Su. 30:26).

This Sanskrit quote says that the aim of Ayurveda is to prolong life, promote perfect health and maintain good health in an already healthy individual. This is best done when we are feeling well, not only when we feel out of balance. Ayurveda principles should be applied when we feel healthy (SWASTHA) with the focus to feel even better. The second aim is to completely understand and eradicate the disease (ATURASYA-VIKAAR).

These are the two branches as indicated in the classical texts:

- 1. Preventative – following a daily routine (Dinacharya), seasonal regime (Rtucharya), Sadvritta (right actions, thoughts) and Yoga.**
- 2. Curative – food (ahara), vihara (lifestyle) and aushadham (ayurvedic medicines).**

“He who has health has hope; and he who has hope, has everything.” According to Ayurveda; Health is everything; and to maintain so one should follow healthy lifestyle, as measure cause of diseases according to Ayurveda is lifestyle. In India 61% of deaths are due to lifestyle disorders. WHO identifies prime risk factors for LSD (Those are alcohol and Tabaco intake, poor diet intake, Lack of physical activities, mental stress etc. An individual who have LSD are essentially inviting themselves to develop number of ailments. These include chronic Bronchitis, High blood pressure, Heart-diseases, Stroke, Obesity, Diabetes and Malignancies.

As it is said; “Prevention Is Always Better Than Cure”.

Ayurveda describes several principals to prevent LSD; Out of them some principals are following TRISTAMBHA (AHARA, VIHARA AND BRAHMACHARYA), DINCHARYA (daily routine), RITUCHARYA (seasonal routine), Avoidance of VEGADHARANA (not controlling natural-urges), Avoid PRAJNAPARADHA (an offense against wisdom), following SADVRUTTA and YOGA. **Lifestyle is the way people live and this has immense influence on**

the status of health or disease an individual. Many factors determine one's lifestyle. Like Economic status as incidence of under-nutrition in poor and obesity in the rich. Sedentary life is a major factor for CAD, while personal habits like smoking and alcoholism determine incidence of heart disease and cirrhosis of liver. For maintaining the active lifestyle.

LSD of Mind (Specially affecting Gen-Z):-

1) Increased anxiety and stress: Academic pressure, peer comparisons on social-media, and the fear of missing out can lead to chronic stress and anxiety. Here vatta dosha is imbalanced. 2) Depression and suicidal ideation: The constant exposure to curated online lives and the prevalence of cyberbullying can contribute to depression. Here kafha dosha is imbalanced. 3) Social isolation: Despite being highly connected online, Gen Z individuals can struggle with real-world social interactions, leading to feelings of isolation and loneliness. Here Kafha-Vatta dosha is imbalanced. 4) Impaired cognitive function: Sleep disorders, digital addiction, and substance abuse can all impair cognitive function, affecting academic and personal development. Here vatta and kafha are imbalanced.

Yoga practices for mind related LSD:-

1) Pranayama: It is a gift given by Ayurveda to human race for long life, pranayama is a practice of complete prolonged and slow breathing works on both mind and soul. Provides extra oxygen to every cell, which energizes and rejuvenates them. And helps for emotional stability, eliminate anxiety, fears, depression and Phobia. Some of the vital types of pranayama are Anulom-Vilom and Bhramaripranayama.

2) Meditation: Meditation is the age-old cure for mental instability. It rewires your brain into becoming more present and mindful. Studies on meditation practices have shown that meditators are more likely to be able to breathe through anxiety and deal with depression in a positive manner and also build better relationships and deep connections with fellow human beings.

3) Anjaneyasana: This pose is also known as “the high lunge”. Doing the crescent variation of this exercise is known to help improve your blood flow, calm your mind.

4) Garudasana: This pose is known commonly as the eagle pose. This pose requires you to breathe while holding your body in balance.

5) Natarajasana: Commonly referred to as “the dancer’s pose”, this asana is great for mood balancing. It can be beneficial for those who are fighting depression and anxiety.

6) Yogic sleeping (Shavasana): brings awareness, alertness in the body & the mind.

Lifestyle disorders of body are; diabetes, hypertension, kidney problems, body posture deformity (due to screen use) in young adults and teens, obesity, pain in joints (Arthritis), constipation, menstrual disorders and so on.

General yoga practices for body related LSD:-

1) Sarvangasana: Stimulates the thyroid and parathyroid glands and normalizes their functions. Helpful in diseases like diabetes and PCOS.

2) Matsyakridasan: stimulates digestion and relives from constipation.

3) Bhujangasana: resembles a cobra with its hood raised. It is an excellent pose for strengthening the spine along with many other benefits such as alleviating constipation, stimulating appetite, and massaging abdominal organs. Useful in kidney disorders.

4) Trikonasana: it reduces spinal, back stiffness thereby improving flexibility. Helpful in bone disorders.

5) Santolanasana: It strengthens the muscles of the thighs, arms, shoulders and spine.

6) Tadasana or Mountain Pose: It corrects bad posture and improves the alignment of your body.

7) Dhanur Asana known as Bow Pose: This asana stretches the entire body. It helps in weight loss, boosts digestion and blood circulation. It is a very effective yoga pose for making the back flexible.

In this way yoga has a great potential in preventing and managing lifestyle disorders and diseases, and yogic lifestyle can make an appreciable contribution to improvement of health of our masses. Enhancing the chakras; following routines will definitely lead to happy and disease free life.

Yoga has the potential to prevent progression of the disease and if started early, maybe even possibly manifest a cure. It has been aptly stated that with no appreciable side effects and multiple collateral benefits, yoga is generally safe, simple to learn, and can be practiced by even ill, elderly, or disabled individuals. It has also been recommended that it should be considered as a beneficial adjuvant for patients of such disorders as it is a safe, simple, and economical therapy.

SHASTRA NHI UTHONGE TO DESH KHO DONGE AUR AYURVED SHAASTRA NHI UTHONGE TO SWASTHA KHO DONGE!

The Viral Love that Saved the World

~BY SAKSHI DHOMNE

{BATCH 2019}

"I am tired of this dead-rest Mumma, I wish to go on a human expedition." said junior NL63 (Human Corona-Virus). "Yes, it has been 7-8 long years since we were in a Living State" replied mother of NL63. "You are correct my darling, our 2012 MERS-COV journey did not prove very successful. My best wishes are with you my Son, tomorrow morning you shall go on your mission, 'MISSION COVID-19'. Junior NL63 made itself ready for the next day by polishing it spikes with glycoproteins.

It was the morning of 31st December 2019 and NL63 was busy scanning through the population for the weaker immunity groups. It ended the search when it found one in the Asian population. It popped in front of the man's nostrils, so as could enter his body with the man's very next breath. "Yesss I am in!" it exclaimed in joy as it bounced down through the wind- pipe via larynx & trachea to reach the lungs.

The man started facing several Respiratory ailments as NL63 extended it's stay inside his body.

Meanwhile rest all of the family members of NL63 joined different humans for their Mission. When junior NL63 made its way to the man's alimentary canal, it came across the bacteriophage on the epithelial cells of gut. It moved closer to the phage in anticipation. Never before junior NL63 had faced such immense attraction towards anything. It opened the Viral Envelope, in order to communicate with the phage. The phage's capsid head too got excited and the structural proteins present in the base plate danced in joy. As soon as the junior NL63 was about to release the RTC (Replicase-transcriptase protein) towards the phage, a trembling voice stopped it. "NO-NO-NO dear NL63! If you start your multiplication by replicating through my Nucleic acid, slowly & gradually the whole human body will get infected and I'll get destroyed eventually!

I can't do this to the Human body who has given me shelter in his guts and treated me so well that I could live peacefully." replied the Phage in a deep voice. "But I have started loving you, from the moment my Envelope met your spikes. I have felt an unusual rush of proteins inside me." replied junior NL63." If you truly love me, Please leave from this body, & I shall be grateful to you." said the Phage.

"My dear Phage, my love for you is genuine and eternal. That is why I'll not want you or your genome's destruction. I'll leave this body right now and also appeal my family members to do the same, so that you and your Humans could be saved. Sweet Goodbye forever..!"

BEAUTY WITH AYURVEDA

~BY ARATI BANSOD

{2019 BATCH}

Ayurveda, an ancient system of medicine originating in India over 3,000 years ago, emphasizes a holistic approach to health and wellness. It encompasses a wide range of practices including diet, herbal remedies, yoga, and meditation. Ayurveda also offers profound insights into skin care, promoting natural beauty through balanced living and the use of natural ingredients. Here is an exploration of Ayurvedic principles and practices in skin care. ## Principles of Ayurvedic Skin Care

Doshas and Skin Types Ayurveda categorizes individuals based on three primary doshas: Vata, Pitta, and Kapha. Each dosha represents different elements and energies within the body and influences skin characteristics. –

Vata (Air and Ether): Vata skin is typically dry, thin, and delicate. It tends to be more prone to dryness, roughness, and fine lines. –

Pitta (Fire and Water): Pitta skin is usually sensitive, fair, and prone to inflammation and acne. It can be oily and has a tendency to develop rashes or sunburns. –

Kapha (Earth and Water): Kapha skin is generally oily, thick, and smooth. It is less prone to wrinkles but more susceptible to clogged pores and conditions like acne and eczema.

Ayurvedic Skin Care Regimen Is As Follows;

1. Cleansing:- Natural Cleansers: Ayurvedic skin care emphasizes using gentle, natural cleansers. For example, milk and chickpea flour (besan) are recommended for Vata skin, while Pitta skin benefits from rose water and aloe vera. Kapha skin can be cleansed with a mixture of gram flour and turmeric.

2. Exfoliation: Herbal Scrubs: Regular exfoliation is important to remove dead skin cells. Ayurvedic scrubs often include ingredients like oatmeal, almond powder, and herbs such as neem and sandalwood.

3. Moisturizing: Herbal Oils and Creams: Ayurveda advocates using natural oils to moisturize and nourish the skin. Vata skin benefits from heavier oils like sesame or almond oil. Pitta skin should use cooling oils like coconut or sunflower oil, while Kapha skin can use lighter oils such as jojoba or grapeseed oil.

4. Toning: Natural Toners: Toners help to balance the skin's pH and tighten pores. Rose water is a universal toner suitable for all skin types, while Pitta skin can also benefit from cucumber water.

5. Sun Protection: Natural Sunblocks: Ayurvedic skin care recommends using natural sun protection methods. Applying aloe vera gel, sandalwood paste, or turmeric can help protect the skin from harmful UV rays.

Ayurvedic Remedies for Common Skin Problems

1. Acne:- Neem and Turmeric: Both have antibacterial properties and can be used as masks or spot treatments; Aloe Vera: Soothes inflammation and accelerates healing.

2. Dry Skin:- Avocado and Honey Mask: Hydrates and nourishes dry skin. Coconut Oil: Acts as a natural moisturizer and soothes dryness.

3. Pigmentation and Dark Spots:- Lemon and Turmeric: Lightens pigmentation and dark spots. Sandalwood and Rose Water: Evens out skin tone and reduces pigmentation.

4. Aging Skin:- Ashwagandha and Gotu Kola: Promotes collagen production and skin elasticity. Amla (Indian Gooseberry) Rich in Vitamin C, it helps in maintaining youthful skin.

Ayurvedic Diet for Healthy Skin Ayurveda emphasizes that true beauty comes from within. A balanced diet according to one's dosha is essential for maintaining healthy skin.

Vata Diet: Include warm, moist, and grounding foods such as soups, stews, and root vegetables.

Pitta Diet: Focus on cooling, hydrating foods like cucumbers, melons, and leafy greens.

Kapha Diet: Opt for light, dry, and warming foods such as legumes, spices, and vegetables. Hydration is crucial for all skin types. Drinking plenty of water and herbal teas can help flush out toxins and keep the skin hydrated and radiant.

Conclusion: Ayurvedic skin care is a holistic and natural approach to achieving and maintaining healthy skin. By understanding your dosha and following personalized skincare routines and diets, you can address specific skin issues and promote overall skin health. Integrating Ayurvedic principles into your daily regimen can lead to a balanced, radiant complexion that reflects inner health and well-being.

BEING A DOCTOR
(A HOLY PROFESSION)

~BY MOIZ ZAMA

{BATCH 2018}

Being a doctor is a noble profession that blends scientific expertise with compassion. It involves years of rigorous education and training to understand the complexities of human health. Doctors not only diagnose and treat illnesses but also provide emotional support to patients and their families.

Beyond medical skills, they play a crucial role in promoting public health and advocating for patient well-being. Being a doctor is a calling that requires dedication, empathy, and a commitment to lifelong learning, aiming always to improve the quality of life for others.

Being a doctor is not just a profession but a calling, demanding dedication, empathy, and lifelong learning. Doctors hold the profound responsibility of safeguarding health, diagnosing illnesses, and guiding patients through healing journeys. Their expertise spans medical knowledge, surgical skills, and compassionate care, fostering trust and healing in communities.

The journey to becoming a doctor requires rigorous education, continuous training, and a commitment to ethical standards. Beyond treating symptoms, doctors often provide comfort, hope, and support, navigating complex medical decisions with patients and their families.

The role of a doctor extends beyond clinical settings, advocating for public health, research advancements, and healthcare equity.

Ultimately, being a doctor is a privilege, driven by the desire to alleviate suffering and improve lives, making a profound impact on individuals and society as a whole

POEM

देशभक्त

~BY HIMANSHI SAHARE

{BATCH 2018}

बस एक दिन जाग उठती है देशभक्ती सबके दिल में।
स्टेटस और फोटो बस यही रहे गया है स्वतंत्रता दिवस में।।
वो भी देशभक्त बने फिरते हैं, जिनके कदम राष्ट्रगीत सुन कर भी रुकते नहीं
है।
कभी उन जवानों के घर जाके देखो देशभक्ति क्या होती है, ७० साल की बूढ़ी
माँ अपने बेटे की राह देखती बैठे रहती हैं।।
जाके उस अनपढ़ किसान से पूछो कि देशभक्ति क्या होती है, जो हरपल अपने
देश का पेट भरने के बारे में सोचता रहता है।।
नहीं कहना मेरा की देश के लिए जान देने वाला ही देशभक्त है।

पर क्या कभी किसीने दिल से देश के लिए करना चाहा है????

THE HIDDEN PANDEMIC

-By KSHITIJ INGOLE

EBOLA-SARS, the Bubonic plague and the currently infamous Covid pandemic are some of the most feared and well known pandemics throughout time. But one worldwide pandemic sitting right below our nose and that has been ripping through the lives of millions and burning their homes still goes unopposed and untreated till date. The pandemic that I wish to shine light upon is the growing Alcohol consumption and how society accepts the unacceptable for its gain. With more than half of all the alcohol consumers in India falling under the criteria of hazardous drinking, drinking has become a major health hazard for the nation. An estimated 160 million+ consume alcohol nationwide, comprised by 29.2% men and 1.2% women consumers. Though the figure looks meager but considering that 50% of those that drink alcohol are in serious need of help and are heading straight to their death makes this a grave matter. Additionally alcohol consumption causes an average loss of 1.45% of the GDP and still a solid regulatory body or set of rules seem to be nowhere in sight. What's more morbid is the fact that the previously reluctant youth of India is now holding this poison in high regards. Adolescents and young adults nowadays define alcohol consumption as cool and modern. They even go as far as preaching about the health benefits of alcohol. To enlighten these young advocates of death, let's weigh the health benefits of the mighty alcohol. The meagre benefits of alcohol consumption include, reduced heart disease risk, possibly reducing chance of ischemic shock and possibly reducing risk of diabetes. Even those few benefits come with the fact that these benefits only apply to people with little or moderate drinking habit and considering that alcohol is a highly addictive substance, it's highly unlikely that an individual is going to stick to light drinking for a long time. Now moving on towards the horrors of alcohol consumption, we have, certain cancers (breast cancer, cancer of the mouth, throat, oesophagus), pancreatitis, sudden death due to cardiovascular disease, heart muscle damage, stroke, high BP, liver disease, mental issues, accidental serious injury or death, abnormal pregnancies and a lot more hidden economical and financial threats. The above facts clearly exhibit how alcohol consumption needs controlling and shouldn't be taken lightly. The only possible solution to this crisis is strict regulatory laws for alcohol sale and use patterns. Additionally the youth of this nation needs to be taught about this grievous matter. We need to remember that over indulgence of anything, even something as pure as water, can intoxicate.

मेरी पहचान कोई जन्नत कहता है

अनिकेत प्रकाश जोगदंड

BATCH - 2023

किसी का प्यार है छोटा सा है

मगर खुद ही में संसार है जमीं का एक छोटा सा टुकड़ा चार दीवारी से घिरा हुआ हमारा घर है

के उदय होने से लेकर,

चाँद के अस्सा होने तक का जीवन जीते थे हम हर रंग जाति धर्म के फूल थे उसमे वो गुलिस्तां था हमारा. गुल थे हम कैद ए जन्नत कभी कभी अखरती थी मगर बहुत निष्ठुर बन बैठे थे हम उन हवों में कुछ अलग ही बात थी खुद ही डांटती थी खुद ही लोरी सुनाती थी सात सालो का सफर है

पर कहानी नहीं है बस एक किस्सा है कैसे भूल जाऊँ उसे वो मेरे अस्तित्व का अमिट हिस्सा है

जिसके आंचल में खेलते-खेलते नादान परिंदे से इंसान हुए हम उसने पहचान दी है

हमारी पहचान को तभी तो नवोदयन हुए हम.

जीवन काव्य

~ निकीता विजय राऊत

BATCH 2023

जब जानते हैं की सब छूट ही जायेगा। दिल से जुड़ा धागा एक दिन टूट ही जायेगा।।

बिछड़ने का गम, हसिया लूट ही जायेगा। मरने के बाद, जमाना पीछे छूट ही जायेगा।।

जिनके साथ बाटा है, सुख दुःख दोस्ती का हर मंजर, वो रूठ ही जायेगा।

जब बना ही हैं सब एक दिन खत्म होने के लिए न जाने फिर क्यूं ये मासूम दिल आस लगाता है?

जब बना ही है सब एक दिन मिट्टी में मिलजाने के लिए, न जाने फिर क्यूं इन्सान अहंकार जताता है?

गर एक दिन अंत ही होना है, फिर क्यूं इस राह में अनजानोंको अपना बनाता है!

खुशियों के चंद पलो के बाद, दूरी सहना जीवन का एक हिस्सा है।

सब कुछ होकर भी कुछ न होना, जीवन का यही किस्सा हैं।

"DREAM COLLEGE" नाही पण. या COLLEGE मधून स्वतः चे DREAM
मात्र नक्कीच पूर्ण करणार....! –

~ KESHAV TOLAJI MUNGAL

BATCH -2023

जेव्हा आपण MEDICAL ENTRANCE EXAM म्हणजेच NEET ची तयारी चालू करतो तेव्हा आपले किती स्वप्ने असतात की, आपल्याला हे कॉलेज भेटले पाहिले, या शहरात आपण राहायला गेलो पाहिजे खुप मजा केली पाहिजे, पण ते म्हणतात ना....

- अगर सबकुछ मिल जायेगा जिंदगी में तो तमन्ना किसकी करोगे, कुछ अधुरे ख्वाइशे तो जिंदगी जीने का मजा देती है...। अगदी अशाप्रकारेच, सर्वकाही आपल्या मनासारख झालं तर ते जीवन कसलं...?

आणि अगदी असले जीवन हवय तरी कुणाला ? नको रे बाबा मग काय शेवटी नियतीच्या पुढे चालतं कुणाचं..??' –

CAP ROUND' Through लागलो या कॉलेजला थोडी निराशा तर होती मनात की आपल्याला आपल्या मनासारखं कॉलेज भेटलं नाही पण एकीकडे आनंद पण तेवढाच होता की, आपण घेतलेल्या मेहनती मुळे आपल्याला इतरांपेक्षा खुप चांगले कॉलेज मिळाले आहे. आणि आता या कॉलेज मधुनच आपल्या आई-वडिलांचे मला डॉक्टर होताना बघायचे स्वप्न पूर्ण करायचे आहे. मग काय आलो कॉलेजला, कॉलेज सुरू झालं, जे निराशेने भरलेले मन होतं ते, कॉलेजला येताच काही दिवसाने आनंदीत झाल कारण येथील सर्व गोष्टी हळूहळू आवडायला लागल्या, आमच्या first year च्या मॅडम चा STAFF खूप मायाळू होता, चुकी केल्यावर रागावल्या पण तेवढ्याच पण काही चांगल केलं तर कौतूक पण भरभरून केले. नवीन-नवीन गोष्टी करायला,शिकायला प्रोत्साहित सुद्धा केले आणि घरची कधी आठवण झाली तरी यानाच आपले कुंटुब समजले... आमचे आदरणीय PRINCIPAL SIR ज्यांनी आम्हाला सर्वच कार्यक्रम आणि ACTIVITIES करायला परवानगी दिली आणीं सोबतच DISCIPLINE आणि जबाबदारी काय असते ते पण शिकवलं आज बघता-बघता आम्हाला येथे येऊन अगदी 1.5 वर्ष पूर्ण झाली पण इतका मोठा वेळ कसा गेला समजलच नाही. तेव्हा निराशेने भरलेले मन मात्र या कॉलेजमुळे आता खूप आनंदी राहते, या परक्या शहरात पण या कॉलेजामुळे भेटलेल्या मॅडम, सर, मित्र-मैत्रिणी भाणि आमचे senior sirs यांच्यामुळे आपले पणा वाटतो, असेच दिवसामागून दिवस जावो आणि आमचे स्वप्न पूर्ण होवो...!!!!

Thank you BMAM,

Thank you For Everything

मैत्री

~BY FAYZAN ZAMEER SHAIKH

BATCH 2022

जीवनातील एक अतुट नातं ते म्हणजे मैत्री

असते ती गोड अंबट जसी की संत्री

मैत्रीच नातं असत अतुट जीवन भरचा साथ

एकदा धरला तर सुटत नाही तो हाथ

आली जीवनात वाईट परिस्थितीची वेळ

लावतात न विचार करता शरीरावरची साळ

असते मैत्री जसा की एक निर्मळ आरसा चालते मैत्रीमध्ये फक्त

एकदुसऱ्यावरचा भरोसा मैत्री ओळखून करावे पाहुण त्याचे आचरण

काही नाही माहिती कोणी मारेल फसवणूकीची बाण

मैत्रीचं नात बनलेले नसेल रक्ताचं जरी फैज़ान

पण मित्र मदत करतात हाक मारल्या वेळेन

मेरे सीनियर्स

~BY PRIYAL LODHE

BATCH 2023

कुछ गर्विले तो कुछ शर्मिले, कोई दीवाने तो कोई मस्ताने...
कोई अपनी धुन मे खोये हुए कोई गीत नए पिरोते हुए...
कुछ प्यार के मारे कुछ अभी तक कुंवारे...
शुरुआत मैं बहुत थे डराते ओर साथ ही थे समझाते...
फिर भावुक हृदय से साथ बैठ खिलाते ओर पिलाते...
जिनकी मर्जी बिन कॉलेज मैं नहीं होते कोई काज़...
जिनकी एक आवाज सुन हम सहम जातें हैं फिर आज...
मस्ती में जो हमेशा रहते है आसपास...
बता के इम्पोर्टेन्ट करवा देते है हमे पास...
जूनियर्स के खातिर किसी से भी भिड़ जाए ...
प्रेम इतना कि अनुज ये हमें अपनां बताए...
गलती गर हमसे हो जाए...
मुस्कुरा के माफ कर जाए...
कॉलेज की ज़िन्दगानी को ये महकाए...
कहानी ये हमारी हमसे ही पूछे जाए...
कर के कॉपी असाइनमेंट इनके काम से फ्री हम हो जाए...
हमारी उडानों मैं यूँ ही इनके पर लगते रहे ...
ये रिश्ता हमारा इनसे यूँ ही बना रहे

PHOTO GALLERY







BATCH 2019



भासाहेब मुलक आयुर्वेद महाविद्यालय व वैद्यकीय संशोधन संस्था
BHAUSAHEB MULAK AYURVED MAHAVIDYALAYA &
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